

Take ACTION

To Prevent or Delay Diabetes



Act physically. Be active for at least 30 minutes, 5 days per week. Walk, bike, swim, dance or try doing something fun you've never tried before.

Control your schedule. Get into a routine that allows time for food, sleep and exercise. Involve your family and friends for "quality time" and support to stay healthy.

Trade away butter, stick margarines, fatty meats and baked pastries. Eat more whole grains, vegetables and fruits. What you eat matters regardless of your body weight.

Investigate your family tree. Did your parents, grandparents, aunts or uncles have diabetes? This increases your risk, but you can prevent or delay health problems.

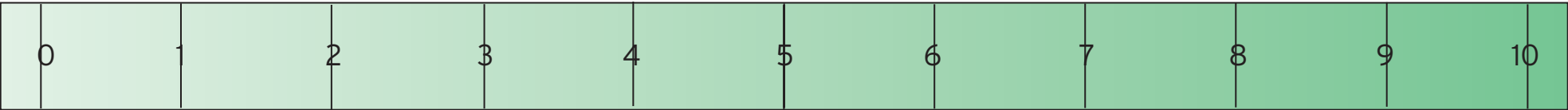
Observe your weight weekly. Try to lose a small amount of weight, or avoid gaining. If you are eating reasonable portions of healthy foods, and you are physically active, your body weight will improve.

Note the results of blood tests and other health procedures. Know your blood pressure and other "numbers" that are checked routinely. Talk to your health care providers about the right numbers for you. And remember, only you are in charge of your health.

How ready are *you* to take the next step?

NOT READY

► READY



What would make you more ready?

What might your next steps be?

What is your plan?

Diabetes Facts You Should Know

Diabetes is a serious disease that can lead to blindness, heart disease, strokes, kidney failure, and amputations. It kills almost 210,000 people each year.

Some people with diabetes exhibit symptoms, some do not. If you have any of the following symptoms, contact your health care provider:

- Extreme thirst
- Frequent urination
- Unexplained weight loss

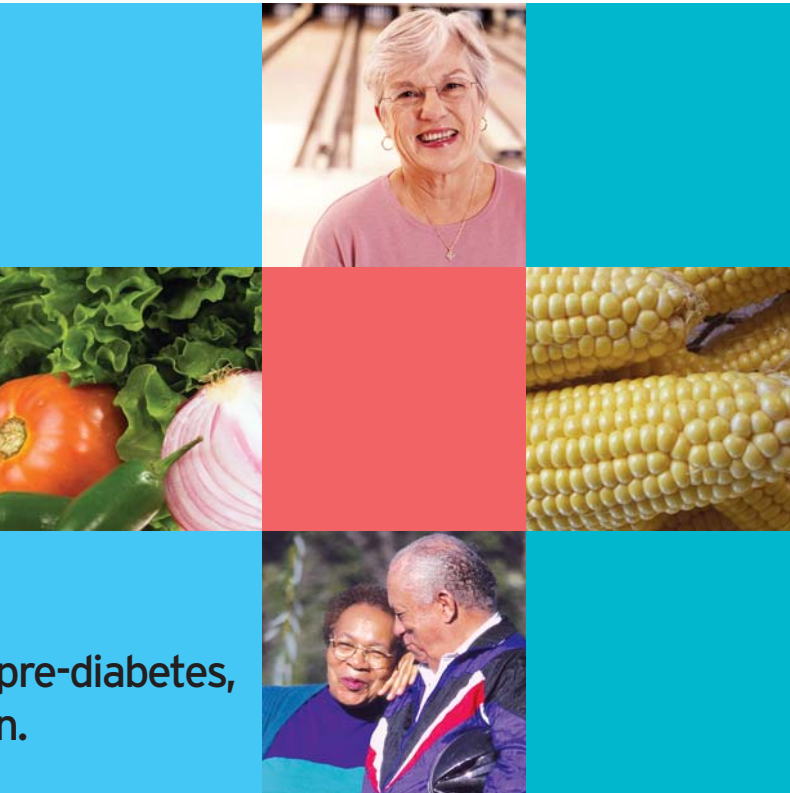
Please remember that while Information about diabetes in brochures and on web sites can be helpful, it is not a substitute for medical advice or treatment.

Could You Have Diabetes and Not Know it?

More than 100,000 Vermonters have either undiagnosed diabetes or pre-diabetes, the condition that eventually leads to diabetes when no action is taken.

Find out if you're at risk and what you can do:

- to prevent or delay diabetes
- for healthy eating and shopping on a budget
- to take simple steps to become more active



Diabetes Risk Check

To find out if you are at risk, circle the points next to each statement that is true for you. Then, add all the circled points to get your total score.

	POINTS
1. My weight is equal to or above that listed in the chart at right.	5
2. I am under 65 years of age and I get little or no exercise during a usual day.	5
3. I am between 45 and 64 years of age.	5
4. I am 65 years of age or older.	9
5. I am a woman who has had a baby weighing more than nine pounds at birth.	1
6. I have a sister or brother with diabetes.	1
7. I have a parent with diabetes.	1

TOTAL POINTS (see scoring below) _____

At-Risk Weight Chart

Height in feet and inches without shoes	Weight in pounds without clothing
4'10"	129
4'11"	133
5'0"	138
5'1"	143
5'2"	147
5'3"	152
5'4"	157
5'5"	162
5'6"	167
5'7"	172
5'8"	177
5'9"	182
5'10"	188
5'11"	193
6'0"	199
6'1"	204
6'2"	210
6'3"	216
6'4"	221

If you weigh the same or more than the amount listed for your height, you may be at risk for diabetes.

SCORING

3-9 POINTS

You are probably at low risk for having diabetes now. But don't just forget about it – especially if you are Hispanic/Latino, African American, American Indian, Asian American or Pacific Islander. You may be at higher risk in the future.

10 OR MORE POINTS

You are at higher risk for having diabetes. Only your health care provider can determine if you have diabetes. Make an appointment to find out for sure.

Physical Activity Facts You Should Know

Regular physical activity – 30 minutes/day on most days – reduces the risk for many diseases, strengthens muscles, bones and joints, and helps control blood sugar and weight.



You don't need to go to a gym. Decide to park farther away, take the stairs or play actively with your kids. Small changes add up – and you're on your way to living an active, healthy life. Research shows that you're never too old to increase physical activity.

The benefits of physical activity also include:

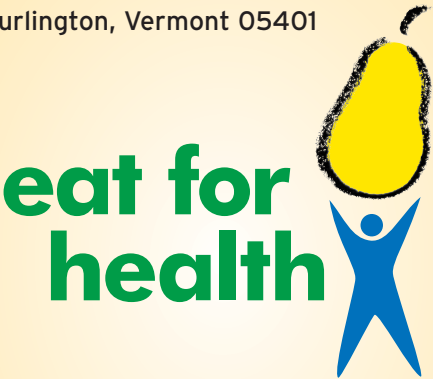
- Feel better
- Reduce stress
- Lower blood pressure
- Live longer
- Improve concentration
- Look better
- Sleep better
- Lower cholesterol
- Have more energy

For more information, go to healthvermont.gov/fitandhealthy.aspx



DEPARTMENT OF HEALTH

108 Cherry Street
Burlington, Vermont 05401



healthvermont.gov/eatforhealth/

Or dial 2-1-1 (a statewide community information and referral service) for information on Eat For Health and other nutrition services in your area.



Smart Shopping Tips

On our Eat for Health web site you'll find tips to make your shopping trips faster, less costly and healthier for you and your family.



For example:

➤ Start shopping around the edges of the store. Choose fresh fruits and vegetables, low-fat milk, lean meats, poultry, fish and whole grain breads. Avoid more costly snacks and convenience items.



➤ Don't shop when you're hungry. When you're hungry, you're more likely to buy foods that are higher in fat and calories and that cost more.